

## Football Performance (Level 5)

Glasgow Clyde College

### Venues

Cardonald Campus

### Content

NQ Football Performance (Level 5) course is designed to let you study, train and play in the manner of a professional footballer.

This course is designed as 90% practical / football based and 10% theory-based.

You will focus on improving and developing your technical abilities, your tactical game understanding and knowledge as well as your physical attributes within the game.

You will also improve and develop fitness aspects such as strength, power, flexibility, agility, muscular endurance, cardiovascular endurance and speed.

Whilst on this course, you can be involved in competitive games with other colleges, campuses and universities.

You will receive weekly coaching sessions from Celtic Soccer Academy coaches.

### Start Date

August

### Qualification

NQ

### Study Method

Full time

### Course Length

18 weeks

### Department

Sport and Fitness

### Entry Requirements

3 subjects at National 4. Interview.

You will require a satisfactory criminal record check from Disclosure Scotland to show that you are suitable for this type of course. Contact Disclosure Scotland for details on the type you would need.

### SCQF Level

5

### SCQF Points

«SCQFPoints»

### Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

### Address

«Address»

### Website

[www.glasgowclyde.ac.uk](http://www.glasgowclyde.ac.uk)